



SUBURBAN
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MEDICATIONS TO AVOID PRIOR TO ALLERGY SKIN TESTING

Allergy testing requires the 'histamine response' in order to be accurate and reliable. There are many types of antihistamines. **Antihistamines** are found in many different medicines, either as a single drug or mixed with a combination of chemicals. Please review **all** medicines you take (including Over-The-Counter) in order to make your allergy testing appointment most efficient and accurate.

Generic names are in all *lower case*, trade names *Capitalized*.

Oral antihistamines to be stopped **7 (SEVEN)** days prior to your appointment:

- brompheniramine (Actifed, Atrohist, Dimetapp, Drixoral)
- cetirizine (Zyrtec, Zyrtec D)
- chlorpheniramine (Chlortrimeton, Deconamine, Kronofed A, Novafed A, Rynatan, Tussinex)
- clemastine (Tavist, Antihist)
- cyproheptadine (Periactin)
- desloratadine (Clarinex)
- diphenhydramine (Benadryl, Allernix, Nytol)
- doxylamine (Bendectin, Nyquil)
- fexofenadine (Allegra, Allegra D)
- hydroxyzine (Atarax, Marax, Vistaril)
- levocetirizine (Xyzal)
- loratadine (Claritin, Claritin D, Alavert)
- promethazine (Phenergan)

Nose spray and eye drop antihistamines to stop **5 (FIVE)** days prior to your appointment:

- azelastine (Astelin, Astepro, Dymista, Optivar)
- bepotastine (Bepreve)
- ketotifen (Zaditor, Alaway)
- olopatadine (Pataday, Patanase)
- pheniramine (Visine A, Naphcon A) – OK to stop for 2 days

Antacid medications (different type of antihistamine) to stop **3 (THREE)** days prior to your appointment:

- cimetidine (Tagamet)
- famotidine (Pepcid)
- ranitidine (Zantac)

Note: **Antihistamines** are found in many over the counter medications, including, but not limited to: Actifed Cold and Allergy, Advil PM, Alka-Seltzer Plus Cold, Excedrin PM, Ibuprofen PM, Sudafed Nighttime, Theraflu Nighttime, Tylenol Allergy, Tylenol PM, Nyquil, ZZZQuil and any "PM" medications. **Please make sure you read and check the ingredients carefully and STOP those containing antihistamines at least 7 (SEVEN) days prior to the appointment.**

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Tricyclic antidepressants also interfere with allergy skin testing. Please contact your prescribing physician before stopping these medicines to see if it is OK to stop for **7 (SEVEN)** days. We request, if possible, that you omit these medicines for **7 days** prior to testing:

- amitriptyline (Elavil)
- amitriptyline & chlordiazepoxide (Limbitrol)
- amitriptyline & perphenazine (Etrafon, Triavil)
- amoxipine (Asendin)
- clomipramine (Anafranil)
- desipramine (Norpramin)
- doxepin (Silenor, Sinequan, Adapin)
- imipramine (Tofranil)
- mirtazapine (Remeron)
- nortriptyline (Pamelor)
- protriptyline (Vivactil)
- trimipramine (Surmontil)
- quetiapine (Seroquel)

You **may** take the following medications up to the time of your testing:

- Nasal Steroid Sprays: fluticasone (Flonase), Nasonex, triamcinolone (Nasacort), Rhinocort, Veramyst, Omnaris
- Asthma Medicines:
 - inhalers: Advair, Asmanex, Azmacort, Dulera, Flovent, Pulmicort, Symbicort, or QVAR
 - steroids: prednisone, Medrol
 - theophylline
- montelukast (Singulair)
- acetaminophen (Tylenol)
- birth control pills
- decongestants (as long as not combined with antihistamines)
- diuretics
- hormones

Also, please notify the allergy nurse if you have any cardiac problems, take any form of beta-blockers (pills or eye drops), or have a pacemaker.

Beta-blockers as pills:

- atenolol (Tenormin, Tenoretic)
- betaxolol (Kerlone)
- bisoprolol (Zebeta, Ziac)
- cartelol (Cartrol)
- esmolol (Breviblock)
- labetalol (Normodyne, Normozide, Trandate)
- metoprolol (Lopressor, Toprol)
- nadolol (Corgard, Corzide)
- pindolol (Visken)
- propranolol (Inderal, Inderide)
- sotalol (Betapace)
- timolol (Timolide, Blocadren)

Beta-blockers as eye drops:

- betaxolol (Betopic, Betaxan)
- levobunolol (Betagen)
- Timolol (Timoptic, Cosopt)

Allergy testing will take from 2-3 hours. Please wear short-sleeved or sleeveless shirt if possible, and bring a pair of shorts. When being seen in the office for either testing or treatment, please do not wear heavily scented products (body lotion, perfume, cologne, hair spray, etc.) which may affect other patients. If it is necessary to cancel your test, please notify us at least 24 hours prior to your appointment. If your test is scheduled for a Monday, please leave a message with our answering service. If we are not notified and you do not show up for your appointment, there will be a \$100 missed appointment charge. Please complete the history questionnaire, and any other paperwork that you were given and bring them with you the day of the test.